

People with TB Disease are treated with several antibiotics over a period of several months. These individuals receive **Directly Observed Therapy (DOT)**. A registered nurse visits the persons home daily to observe as they take their prescribed medications.

### WHAT IS BCG?

BCG (Bacille Calmette-Guerin) is a TB vaccine which is used in many countries. This vaccine is not generally used in the United States because it does not provide complete or long lasting protection against Tuberculosis.

People who have had the BCG vaccine CAN safely have the PPD Skin Test or the QuantiFERON TB Gold Blood Test. A reactive PPD in these individuals should not be blamed on the BCG Vaccine. Further evaluation is required for an accurate diagnosis.

### WHAT IF I NEED TREATMENT BUT I DON'T HAVE INSURANCE?

There is no charge to the individual for the treatment of Tuberculosis. The Saratoga County TB Control Program treats all Saratoga County residents with TB Disease or LTBI through the Tuberculosis Clinic. Anything which is not covered by insurance is paid for by Saratoga County. This includes clinic visits, chest x-rays, blood tests, and medications which are ordered by the medical director of the TB Control Program.

#### Additional Resources

The New York State Department of  
Health, Bureau of TB Control:  
[www.health.ny.gov/tb](http://www.health.ny.gov/tb)

The Centers for Disease Control and  
Prevention (CDC)  
[www.cdc.gov/tb](http://www.cdc.gov/tb)

#### Visit our website

[www.saratogacountyny.gov](http://www.saratogacountyny.gov)

Revised: 1/4/17



## TUBERCULOSIS CONTROL PROGRAM



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## WHAT IS TUBERCULOSIS?

TB is caused by a bacteria called **Mycobacterium Tuberculosis**. TB usually affects the lungs, but it can affect any part of the body. Some common sites are the kidney, spine, and brain.

Most people who have TB in the United States are not sick. They have Latent TB Infection (LTBI) Some people with LTBI will develop Active TB (TB Disease).

### WHAT IS THE DIFFERENCE BETWEEN ACTIVE TB (TB DISEASE) AND LATENT TB (LTBI)?

People with Active TB Disease are sick, and usually have symptoms which may include:

- \* Positive TB Skin Test or Blood Test
- \* Persistent Cough      \* Chest Pain
- \* Fever      \* Chills      \* Night Sweats
- \* Poor Appetite      \* Weight Loss
- \* Bloody Sputum

People with Active TB of the lungs or throat can spread TB to others.

People with LTBI usually test positive on a TB Skin Test or Blood Test, but they are not sick, and cannot spread TB to anyone else.

## HOW IS TB SPREAD?

TB is spread when a person with TB Disease of the lungs or throat coughs, sneezes, sings or speaks. This releases respiratory droplets into the air. If other people breathe in those droplets, they may become infected.

People with TB Disease are most likely to infect people they spend time with every day for example: family, friends, and coworkers/classmates.

## CAN ANYONE GET TB?

Yes. TB does not discriminate. Those at increased risk of developing TB Disease include:

- People with HIV
- People who were born in countries with a high incidence of TB
- People who have close contact with a person with TB Disease
- Babies and young children
- People who inject illegal drugs
- People who use biologic medications to treat conditions such as Rheumatoid Arthritis and Ulcerative Colitis
- Elderly people
- Noncompliance with TB medications
- Incomplete treatment in the past
- Health care workers who care for high risk patients

## WHAT ARE THE TESTS FOR TB?

There are two tests used to detect TB Infection:

1. ***The Mantoux Tuberculin Skin Test: (PPD)*** A small amount of fluid called Tuberculin Solution is injected into the skin on the underside of the forearm. The arm is inspected 48-72 hours later. If the PPD is "Reactive" the person will be advised to follow up with the Chest Clinic for further evaluation. A reactive PPD is not necessarily a Positive PPD.
2. ***The QuantiFERON TB Gold Test:*** This is a blood test which can be used in place of the PPD , or if the PPD results are questionable.

## HOW IS TB TREATED?

***People with LTBI*** are encouraged to take an antibiotic to prevent the development of TB Disease. Close monitoring is advised throughout the course of treatment; usually nine months.